



Dr. Seena Gopinathan

Associate Professor of Home Science

ADDRESS & EMAIL

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QUALIFICATION

- 1.M.Sc in Family and Community Science from Avinashalingam Deemed University, Coimbatore
2. M. Phil from Avinashalingam Deemed University, Coimbatore
- 3.UGC National Test For Eligibility For Lectureship (NET) University of Delhi
4. Ph.D from University of Kerala
5. Certificate in Positive Psychiatry and Mental Health from University of Sydney, Australia
6. Certificate in Data Science of Health Informatics from Johns Hopkins University, America

DATE OF JOINING

5.6.2001

EXPERIENCE IN YEARS

20 Years

ADMINISTRATIVE DISTINCTION

1. Member of Board of Studies (PG) in Home Science, University of Kerala from 2008 - 2011
2. Member of Board of Studies (Pass) in Home Science, University of Kerala from 2012 - 2015
3. Member of Board of Studies (PG) in Home Science, University of Kerala from 2016 - 2019
4. Member of Board of Studies (Pass) in Home Science, University of Kerala from 2016 - 2019
5. Executive member of Home Science Association of India, Kerala chapter in 2020
6. Member of Board of Studies (PG) in Home Science, Mahatma Gandhi University from 2021

PAPER PRESENTATIONS

1. Presented a paper on Home making practices and problems of married employed women at the National Seminar on Problems and challenges faced by working women organised by the Centre for Women's Studies of Sree Narayana College for Women, Kollam on 7th October, 2004.
2. Presented a paper on Effect of female adolescent nutrition on healthy womanhood at the National Seminar on Women and mental health organised by the Centre for Women's Studies of University of Kerala and the Women's Studies Cell, Sanatana Dharma College, Alappuzha on 11th March, 2010.
3. Presented a paper on A nutrition intervention study on adolescent girls at the UGC sponsored National Seminar on "Emerging trends in Family and Community Science" organised by the Department of Home Science at Government College for Women, Thiruvananthapuram on 25th October, 2013.
4. Presented a paper on Stress - cause, effect and management at the UGC Sponsored two day National seminar on "Coping with stress-need of the hour" organised by Sree Narayana College for Women, Kollam on 21st February, 2014.

5. Presented a paper on A study on the eating outside home practices of adolescent girls at the National Conference on Scientific Perspectives in Home Science at Avinashilingam Deemed University, Coimbatore on 7th March, 2017.
6. Presented a paper on Integration of Social media in higher education at the National Seminar on Challenges and Changes in AQAR and SSR Preparation, organised by Sree Narayana College for Women, Kollam on 19th December 2019.
7. Presented a paper on “Personal hygiene as a health promotion dimension among adolescents” in at the National Conference on Women of Gen Z-Transformation, Leadership and Integrity organized by St. Anne’s Degree College for Women, Bengaluru on 15th March 2021.

PARTICIPATION IN SEMINARS/ CONFERENCES/ WORKSHOPS

1. Attended the Legal Literacy Camp organised by District Legal Services Authority, Kollam and NSS University of Kerala at FMN College, Kollam on 18th October 2003.
2. Attended Seminar on Medical Nutrition Therapy in Renal disorder organised by Indian Dietetic Association, Kerala Chapter at CMS College, Kottayam on 5th November 2003.
3. Attended three day Trainer's Training Programme for Co-ordinators of Entrepreneurial Development Clubs conducted by KITCO at Kerala Institute of Entrepreneurial development, Kalamassery on 29th and 30th January 2004.
4. Attended the UGC sponsored Orientation Programme in Multidisciplinary(IT oriented) conducted by the UGC Academic Staff College, University of Kerala, Kariavattom on 3rd-30th March 2004.
5. Attended National seminar on Obesity - The well fed Undernourished syndrome organised by St.Teresa's College, Ernakulam on 28th -30th July 2004.
6. Attended National Seminar on Problems and challenges faced by working women organised by the Centre for Women’s Studies of Sree Narayana College for Women, Kollam on 6th -7th October, 2004.
7. Attended the UGC sponsored Refresher Course in Home Science conducted by the UGC Academic Staff College, University of Kerala, Kariavattom from 25th October to 15th November 2004.
8. Attended the National Seminar on Biotechnology- Biodreams-2006 organised by the Department of Botany, Sree Narayana College for Women, Kollam in association with the University Grants Commission on 24th February, 2006.

9. Attended the State Level Seminar on Challenges of Continuing Education Organised by Indian Adult Education Association, Kerala State Branch at Mar Theophilas Training college, Thiruvananthapuram on 9th December, 2006

10. Attended the National Seminar on Biofuels- its importance in the present scenario organised by the Department of Botany, Sree Narayana College for Women, Kollam in association with the University Grants Commission on 28th February, 2007.

11. Attended the National Seminar on “Management of Diabetes- a Global Concern” Sponsored by the UGC and organised by the Department of Home Science , Sree Narayana College for Women, Kollam on 24th September, 2008.

12. Attended the UGC Sponsored National Seminar on Resolving Stress to optimise Academic Achievement-the Innovative Role of Teachers conducted by St.Teresa’s College ,Ernakulam on 12th - 14th November, 2008.

13. Attended the five day workshop on Restructuring Under graduate Education organised by the Board of Studies in Home Science (PASS), University of Kerala and sponsored by the Higher Education Council, Govt. of Kerala in N.S.S College for Women, Neeramankara, Thiruvananthapuram on 4th – 7th and 9th March, 2009.

14. Attended the UGC sponsored Refresher Course in Environmental Science (Multidisciplinary) conducted by the UGC Academic Staff College, University of Kerala, Kariavattom on 9th - 29th May, 2009.

15. Attended the one day workshop on “Child Development through Horticultural Therapy” conducted at Government Guest House, Thycaud on 25th November, 2009.

16. Attended the one day Orientation Programme to the Teaching Staff of the Colleges on the Regulations of Choice Based Credit and Semester System held at Sree Narayana College for Women , Kollam on 8th December, 2009.

17. Attended the UGC Sponsored National Workshop on Scientific Writing in Home Science, Extension and Rural Development held at Gandhigram Rural Institute , Gandhigram on 22nd and 23rd February, 2010.

18. Attended the National Seminar on “Women and Mental Health” organised by the Centre for Women’s Studies, University of Kerala and the Women’s Studies Cell, Sanatana Dharma College, Alappuzha on 11th and 12th March, 2010.

19. Attended the UGC Sponsored National Seminar on Emerging Trends in Family and Community Science organised by the Department of Home Science at Government College for Women, Thiruvananthapuram on 25th October, 2013.

20. Attended the UGC Sponsored National Seminar on Coping with Academic Stress-Need of the hour organised by the Department of Home Science, Sree Narayana College for Women, Kollam on 20th and 21st February, 2014.
21. Attended one day workshop on Restructuring of syllabus in accordance with the recommendations of Prof. Hridayakumari Committee on 4th April 2014 at Govt. College for Women, Thiruvananthapuram.
22. Attended the UGC sponsored Special Summer School at Academic Staff College, Kariavattom from 30.7.2014 to 19.8.2014.
23. Attended On - Job Training course (Basic and Advanced levels) in Bakery and Confectionary conducted by Institute of Baking Technology, Chennai in August 2016.
24. Attended a Two day National seminar on Social entrepreneurship : avenues and challenges in Home Science sponsored by Directorate of Collegiate Education, Govt, of Kerala at Government College for Women, Thiruvananthapuram on 28-29th November 2016.
25. Attended a One day Workshop on Restructuring of PG syllabus of the University of Kerala organised by Dept. of Home Science, Government College for Women, Thiruvananthapuram on 28th February 2017.
26. Attended a Two day National seminar on Home Science a Kaleidoscope of Life organised by the Dept. of Home Science, Govt. College for Women, Thiruvananthapuram on 16-17th November, 2017.
27. Attended a Two day Workshop on Shibori work, Tie and Dye ,Lace work, Ikat work, Mexican work, Zentangle designs and Spray painting conducted by the Dept. of Home Science, Sree Narayana College for Women in collaboration with Pidilite Industries on 19th and 20th February 2018.
28. Attended a workshop on Adolescent Mental Health at the 34th Annual Conference of Indian Psychiatric Society (Kerala) on 14th September 2018.
29. Attended the National Seminar on Challenges and Changes in AQAR and SSR Preparation organised by Sree Narayana College for Women, Kollam on 19th - 20th December, 2019.
30. Attended a webinar on “The Art of Reviewing the Literature by Integrating Technology” organized by Research Committee, Maharaja’s College Ernakulam on 7th June 2020.
31. Attended an International Webinar ‘Post Covid-19 Business Environment: Challenges and Opportunities’ organised by IQAC and Department of Commerce, Mar Thoma College for Women, Perumbavoor on 7th June, 2020.

32. Attended an International Webinar on 'Global Pandemic Challenges: Recalibrating the Socio-Economic Mechanisms', organised by the Department of Economics, Sree Narayana College for Women, Kollam on 9th June 2020.
33. Attended a National webinar on "A link between health practices and lifestyle diseases" organised by St. Mary's College, Thrissur on 10th, June 2020.
34. Attended a webinar on "Writing Research Paper in Social Science" organized by Research Committee, Maharaja's College Ernakulam on 12th June 2020.
35. Attended a webinar on "Trends in Academic Plagiarism" in connection with Research and Publication Ethics (RPE) Course organized by Research Committee, Maharaja's College Ernakulam on 13th June 2020.
36. Attended the Webinar on 'Envisaging professional opportunities in Apparel and Textile Design ...Now and Beyond' organised by The Maharaja Sayajirao University of Baroda on 15th June 2020.
37. Attended the National Webinar on 'Food Products- Innovation and launching' organised by The Maharaja Sayajirao University of Baroda on 15th June 2020.
38. Attended a webinar on "N-LIST and Open Access Academic E-Resources" organized by Research Committee, Maharaja's College Ernakulam on 17th June 2020.
39. Attended a webinar on 'Quality Research & Publication in High Impact Journal' organized by St. Dominic's College, Kanjirapally on 19th June 2020.
40. Attended a webinar on Live Long; Live Fit, organised by MSM College, Kayamkulam on 20th June 2020.
41. Attended a National webinar on Mind, Body, Exercise and Life style management in changing environment organised by Midnapore College, West Bengal on 21st June 2020.
42. Attended a Two day National Webinar on Enhanced Employability For Home Scientists in Current Scenario organised by Post Graduate Teaching Department of Home Science Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur on 22nd and 23rd June 2020.
43. Attended a webinar on 'Food Safety Framework from Consumers Perspective' organised by PSG College of Arts and Science, Coimbatore on 23rd June 2020.
44. Attended a webinar on Self-Publishing : A practical approach organised by Mount Carmel College of Teacher Education for Women, Kottayam on 24th June 2020.
45. Attended International Webinar on Priming our Immune system for vital health organised by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on 25th June 2020.

46. Attended a National webinar on Enterprise leadership-The need of time organised by SMRKBKAK Mahavidyalaya, Nashik on 28th June 2020.
47. Attended a Webinar on “New Platforms of Academic Reading and Learning” organized by NSS College, Rajakumari, Idukki on 10 July, 2020.
48. Attended a Webinar on Becoming an inspiring leader organised by SNM Training College, Moothakunnam on 13th July 2020.
49. Attended a Faculty Development Program (FDP) on “Importance of Interdisciplinary Research and Developing the Next Generation Teachers for Higher Education organized by Erode Arts and Science College, Erode on 16th July 2020.
50. Attended a Webinar on “Prospects of Medical Tourism in India in response to COVID - 19”organised by Sri Parasakthi College for Women, Courtallam on 18th July,2020.
51. Attended a Webinar on Pandemic Impact on Education organised by Sree Narayana College for Women, on 28th July 2020.
52. Attended a Webinar on Essentials of Entrepreneurship Development organised by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on 28th July 2020.
53. Attended a Webinar on Solid Waste Management organised by Sree Narayana College for Women, Kollam on 29th July 2020.
54. Attended a webinar on Leadership Skill Development organised by Avinashilingam Deemed University, Coimbatore on 29th July 2020.
55. Attended an International Webinar on Problems of data relating to older people and Covid - 19: the case of India organised by Govt. College for Women, Thiruvananthapuram on 30th July 2020.
56. Attended a International Webinar on Financial Market Trends: Paradigm shift in the post pandemic scenario organised by Sree Narayana College for Women on 30th July 2020.
57. Attended a Webinar on Student mental health in the midst of Covid -19 pandemic organised by Govt. College for Women, Thiruvananthapuram on 2nd August 2020.
58. Attended a Webinar on Social Work Intervention Research organised by Vimala College, Thrissur on 3rd August 2020.
59. Attended a Webinar on Managing Adolescent Learning during Covid Pandemic organised by SNM Training College, Moothakunnam on 5th August 2020.

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60. Attended an International Webinar on The Political Economy of Indian Indentured Labour in the 19th Century organised by HHMSPB NSS College, Neeramankara on 5th August 2020.
61. Attended an International Webinar on Start Up - A stepping stone to attain self reliance and sustainability in Agricultural Sciences organised by ASPEE College of Home Science and Nutrition, S.D.A.U Sardarkrushinagar, Gujarat on 6th August 2020.
62. Attended a Webinar on Empowering teachers on virtual platforms; special emphasis on augmented reality, organised by SNM Training College, Moothakunnam College on 17th August 2020.
63. Attended a National Webinar on Battling depression in elderly during Covid-19 organised by PSGR Krishnammal College for Women, Coimbatore on 7th August 2020.
64. Attended an International Webinar on India's health system in Covid times - how well is it coping?" organised by Govt. College for Women, Thiruvananthapuram on 10th August 2020.
65. Attended a National webinar on Verboten spaces, Muffled voices: Contemplating Marginality of Defying Heroines in Early South Indian Folklore organised by Sree Narayana College for Women, Kollam on 12th August 2020.
66. Attended an International webinar on Tourism :Prospects and challenges in the Post Covid Scenario organised by Mannaniya College of Arts and Science, Thiruvananthapuram on 12th August 2020.
67. Attended a National Webinar on Maintenance of physical and mental fitness during pandemic period organised by Bethuadahari College, on 15th August 2020.
68. Attended a National Webinar on Gender Bias, Gender equality and Women's right organised by SNM Training College, Moothakunnam College on 17th August 2020.
69. Attended a National Webinar on Research in new dimension with ethics and values organised by Pavanathma College, Idukki on 19th August 2020.
70. Attended an International Webinar on Food safety at household and community level during the new Normal organised by PSGR Krishnammal College for Women, Coimbatore on 19th August 2020.
71. Attended a National Webinar on Climate change :Role of Oceans organised by SNM Training College, Moothakunnam on 20th August 2020
72. Attended a National Webinar on Home Science as a profession organised by Nirmalagiri College, Kuthuparamba on 26th August 2020

73. Attended a National Webinar on Combat Corona with Yoga organised by St. Peter's College, Kolenchery on 29th August 2020

74. Attended a National Conference on NEP 2020 : Towards a self reliant India, organised by SNM Training College, Moothakunnam in collaboration with Kerala State Higher Education Council, Council For Teacher Education Foundation (CTEF) and Council For Educational Administration And Management (CEAM) on 15th August 2020.

75. Attended International Day for the Preservation of Ozone layer 2020 Webinar on “Ozone for life: Age-old traditions in environmental protection” organized by Department of Botany, Sree Narayana College for Women, Kollam on 16th September 2020.

76. Attended a National Webinar on Demystify Dementia organised by St. Teresa's College, Ernakulam on 26th September 2020

77. Attended an International Webinar on Healthy Ageing- A spotlight on intergenerational landscaping for the wellbeing of older adults organised by Sree Narayana College for Women, Kollam on 1st October 2020

78. Attended an International Webinar series on Ageing organised by Govt. College for Women, Thiruvananthapuram on 2nd October 2020.

79. Attended an International Webinar series on Age well - It's never too late organised by St. Joseph's College for Women, Alapuzha on 1st and 2nd October 2020.

80. Attended a webinar on Traditional foods and Immunity organised by CMS College, Kottayam on 12th October 2020.

81. Attended a webinar on International Symposium on Breast Health organised by Sanjeevani on 29th October 2020.

82. Attended an Online Workshop on Bottle Art organised by Sree Narayana College for Women, Kollam on 31st October 2020.

83. Attended an Online Workshop on Cake making and Icing organised by Sree Narayana College for Women, Kollam on 7th November 2020.

84. Attended an International Webinar on Significance of promoting Nutrition education in schools organised by HHMSPBNSS College, Neeramankara on 24th November 2020.

85. Attended a workshop on “Maggie Magic in Minutes”(preparations with Nestle products) organized by the Post graduate Department of Home Science, Sree Narayana College for Women, Kollam on 5th December, 2020.

INVITED LECTURES AS RESOURCE PERSON

1. Delivered an Invited lecture on Significance of balanced diets in adolescent children at the TKM Higher Secondary School, Kollam on 12th August 2003.
2. Delivered an Invited lecture on Nourishment for Healthy Womanhood at the Krishi Vigyan Kendra, Kayamkulam on 2005.
3. Delivered a lecture on Importance of nutrition in adolescence at Community Radio Benziger, Kollam in October 2017.
4. Delivered an Invited Lecture on Women empowerment organised by the SBI Life Insurance Company Ltd. Kollam on 8th March 2018.
5. Delivered an Invited Lecture on Stress Management organised by the Indian Medical Association, Kollam on 9th March 2019.
6. Delivered an Invited Lecture on Staying Positive during Pandemic organized by NSS unit of SNCW, Kollam on 7th June 2021.

PUBLICATIONS IN BOOKS OR JOURNALS

1. Published a paper titled Resource management practices of Families with irregular income in *Research Highlights*; Journal of Avinashilingam Institute for Home Science and Higher Education for Women-Deemed University; Vol.9, No.17; October 1999; Pages :17-21.
2. Published a paper titled Impact of entrepreneurship of selected women on family living in Coimbatore city in *Research Highlights*; Journal of Avinashilingam Institute for Home Science and Higher Education for Women- Deemed University; Vol.14, No.4; October 2004; Pages : 191-195.
3. Published a paper titled Value based education in *New horizons of Family and Community Science*; Kerala University Central Co-operative Press, Thiruvananthapuram; Kerala; October 2008; Pages : 52 -55.
4. Published a paper titled Food consumption behaviour of adolescent girls in *Research Highlights*; ISSN: 2231-2374 Journal of Avinashilingam Institute for Home Science and Higher Education for Women - University; Vol. 22, No. 3; July 2012; Pages :189- 193.
5. Published an article on Significance of nutrition in adolescence for healthy womanhood in *Women in society*; E. Arumuga Gandhi; S.S.Vijayanchali; ISBN 978-93-313-1803-9; APH Publishing Corporation; New Delhi; 2013, Pages : 298 -300.
6. Published a paper titled A nutrition intervention study on adolescent girls in the Proceedings of the UGC sponsored National Seminar on “Emerging trends in Family and Community

Science” Organised by the Department of Home Science at Government College for Women, Thiruvananthapuram on 25th October, 2013, Pages : 135 -141.

7. Published a paper titled A study on the habit of skipping meals among adolescent girls in *Star Research Reach*, an Inter-Intra Disciplinary Journal (ISSN 0975-5101) Vol.5, No.1, December, 2013, Pages : 45-53.

8. Published a paper titled Stress - Cause, effect and management in the Proceedings of the UGC sponsored National Seminar on “Coping with academic stress” organised by the Department of Home Science at Sree Narayana College for Women, Kollam in February 2014, Pages : 21-28.

9. Published a paper titled An insight into social entrepreneurship in Social entrepreneurship avenues and challenges in Home Science Published by the Department of Home Science at Government College for Women, Thiruvananthapuram in 2017, Pages:69-75.

10. Published a paper titled A study on the eating outside home practices of adolescent girls in the Proceedings of the National Conference on Scientific Perspectives in Home Science organized by Avinashilingam Deemed University, Coimbatore, March 2017, ISBN -978-93-84234-06-5, Pages : 249 - 254.

11. Published a paper titled A study on the work stress of medical nurses in the Asian Journal of Multi dimensional Research (Impact factor SJIF = 4.708), ISSN - Vol 7, Issue 2, February 2018, Pages : 64 -73.

12. Published a paper titled A study on the nutritional profile of adolescent girls in the Proceedings of the International seminar on Development Communication and Endo-Nutrition : The Current Drift organized by Govt. College for Women, Thiruvananthapuram on 13-15 November, 2018, Pages : 121-131.

13. Published a paper titled Consumption of soft drinks among adolescent girls in the Indian Journal of Home Science (UGC CARE listed Peer reviewed Journal) (ISSN 0970, 2733 IHMSF-31 (1-145), Vol.31, No.1, January 2019, Pages: 111-118.

14. Published a chapter on Application and Computer based teaching techniques in a textbook for First Degree Programme on Informatics and Research (ISBN No.978-81-928506-3-4) in 2019, Pages : 194-223.

15. Published a paper titled Integration of Social media in higher education in the Proceedings of the National Seminar on Challenges and Changes in AQAR and SSR Preparation organised by Sree Narayana College for Women, Kollam on 19th - 20th December, 2019, Page : 20

16. Published a paper on Snacking behaviour among adolescent girls in the book titled Food and Nutrition Research to transform the future, (ISBN 978-9385604-12-6) published by Shanga Verlag, Coimbatore in 2020, Pages : 59 - 66.

17. Published a paper on “Personal hygiene as a health promotion dimension among adolescents” in the Journal of Education : Rabindra Bharati University (UGC CARE listed Peer reviewed Journal) (ISSN No.0972-7175) Vol.23, No.3, March 2021, Pages : 37- 48.

MEMBERSHIP IN PROFESSIONAL BODIES

1. Life member of Indian Dietetic Association (Membership No: IDA- 08561/ LM-395/2011)
2. Life member of Home Science Association of India (Membership No:93/G-10/LF)
3. Life member of Indian Adult Education Association (Membership No:1788)
4. Life member of Association of Teresian Home Scientists

OTHER ACHIEVEMENTS

1. Co-ordinator of the Entrepreneurial Development Club of Sree Narayana College for Women during the period 2005-2009.
2. Co-ordinator of the Assessment and Prevention of the Sexual Harassment Cell, Sree Narayana College for Women during the period 2012-2014.
3. Executive Member of the UGC National Seminar on “ Managing Diabetes - A Global Concern” organized by Department of Home Science, Sree Narayana College for Women, Kollam on 24th September 2008.
4. Editor of the News Magazine of the PG Monitoring Committee of Sree Narayana College for Women, Kollam during 2008-2009.
5. Resource person for the Orientation Training Course on Health and Nutrition Education conducted by Food and Nutrition Extension unit at Kollam.
6. Member of the Syllabus Revision Committee for First Degree and Post Graduate Degree Programmes in Home Science for University of Kerala

7. Question paper setter for PG examinations for Mahatma Gandhi University.
8. Judge for the District level Flower Arrangement Competition organised by the Horticultural Society, Kollam in 2016.
9. Member of the IQAC of the Sree Narayana College for Women, Kollam from 2016.
10. Judge for the District level Cookery competition for ICDS beneficiaries conducted by the Dept. of Social Justice, Govt. of Kerala on 26th September 2017.
11. Chairman for the valuation of PG Degree Examinations for University of Kerala in 2015, 2017 and 2019
12. Co-authored a textbook for First Degree Programme on Informatics and Research (ISBN No.978-81-928506-3-4) in 2019.
13. Co-ordinator of the Student Counselling Cell of the Sree Narayana College for Women in 2020.
14. Convenor of the International webinar on Solid Waste Management organised jointly by the IQAC and the Dept. of Home Science of Sree Narayana College for Women, Kollam on 29th July 2020.
15. Organising committee member for National webinar on Paradigm shift in Home Science Education, organized by Home Science Association of India (Kerala chapter) on 18-20th February, 2021.
16. Presiding Officer of Kerala Assembly Elections, 2021.
17. Chairperson of the Gender Equity Forum of the Sree Narayana College for Women in 2021.

RESEARCH OUTPUT

1. Supervising Guide of Post Graduate Dissertation from 2001 onwards.
2. Supervising Guide of Projects of First-Degree Programme from 2012 onwards.